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"IF I 2 zoot capri the WERE 4 ... issue 66576



"If I were you T'd have a look inside."



THE

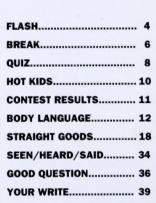
LYRIC CONTEST RESULTS

Contest winner is a dead duck!



SMALL TALK

Dread Zeppelin's advice for teens.





I WANT TO BE **BEAUTIFUL SO BAD IT MAKES ME SICK**

Alberta teens talk honestly about their problems with anorexia and bulimia.



JUST SAY **KNOW**

Zoot reveals the "drugsof-the-day".



SUCCESS WITH A CLEAN CONSCIENCE

Body Shop creator Anita Roddick shares her thoughts on how a famous company can and will change the world.



ZOOT is printed on recycled paper with 40% post-commercial waste and 10% post-consumer waste content.



WAY OF

Zoot visits a Hutterite Colony.





ISSUE

keep the editorial
Short, so people can
get right into
the magazine
without wading
through some bogus
philosophy about telling.
good advice from bad advice
and all that
crap."



Good advice....

We're taking it.

WHO YOU **GONNA CALL?**

According to a Pepsi/YTV Street Beat study on teenagers, you'll turn to your best friend, or your mother when you have a problem. The person least likely to be consulted is a teacher or other close adult. Females are much more likely than males to turn to best friends, while males are more likely than females to try to work it out themselves.

The top three stats:

When they need help, teens turn to...

best friends

42 percent

themselves

18 percent

mothers

16 percent

MORE **Ways To Be Green**

By Pat Gomes

- Collecting a 3 1/2 foot stack of newspapers and dumping it off at your nearest recycler is the equivalent of rescuing a 20 foot
- Recycling an aluminum can saves the energy equivalent to three hours of TV - that's six episodes of The Simpsons, dude!
- Exchange magazines and school supplies with friends rather than buy duplicates.
- Don't leave the tap on the whole time you're brushing your teeth. Eighty percent of the water gets wasted.
- Don't brown bag it. Lime bag it, pink bag it, or black bag it instead. Reusable lunch bags come in zillions of cool colours and they're cheap, too.
- What's inside your lunch bag also counts, so remember that the plastic bags, that small purchases come in, can be re-used to wrap sandwiches and squares. Use a thermos or juice jar instead of packaged drinks.
- The wardrobe you are sick of may be "new and trendy" to someone else. Second-hand clothing stores aren't just back in vogue - they're environment friendly. Dump off your duds and even make a little pocket money on a consignment sale.
- Don't throw away your junk. Get a few friends together and organize a garage sale. If you really want to be a good sport, donate the money you make to an environment group.



A Teenager's Guide To The **Future** Hot 100, that great little



book jam-packed with exchange programs, travel opportunities and scholarships available to young people, is up for grabs again. For your free guide to your future, write:

Hot 100 **Enquiries & Distribution** Employment and Immigration Canada Ottawa - Hull, Quebec KIA 0J9

HEALING OUR SPIRIT WORLDWIDE Healing Our Spirit Worldwide is the name of a

conference being held in July 1992 in Edmonton. This conference is a very big deal! It's a celebration for everyone who wants to share in the work that indigenous peoples around the world are doing to live their lives without alcohol or drug abuse. People will be coming from all over the world and the Conference organizers could use volunteers. You must put in 20 hours, but you get to participate and you also get a T-shirt! They need people for babysitting, staffing the registration tables, doing clean-up and that kind of stuff. If you're interested call the Conference Office at 459-0989 or write The World Conference at Box 3884, Station D, Edmonton, Alberta, T5L 4K1.

BELIEVE IT OR NOT...

The Great One

By Eric Howling

Wayne Gretzky could have been a ballet star! Yeah, it's true, true. Or maybe that should read tutu. It's just that not many people knew about it, until now. But you can, if you dare to read on. The story goes something like this. Wayne has an Aunt. Her name is Greta. Greta Gretzky. Anyway, about 25 years ago, Greta was a ballerina. And a pretty good one if you believed the clippings in the Beach Blanket Ballet - sort of the "Sassy" of the ballet set. She could pas de deux with the best of them. And Wayne knew it. Or thought he knew it. I mean, how much can a five year old know? Anyway, Wayne was all set to take ballet lessons, on the advice of his Aunt Greta. Now, can you imagine how the course of ballet history would have changed if he had? Every Saturday on Ballet Night in Canada, millions of grown men would be glued to their TV sets watching ballet teams from Edmonton, Calgary, New York and L.A. go at it like only men in tights can. Instead of swan dives we'd see Swan Lake. And instead of goals and assists we'd see jumps and spins. And who would be leading the National Ballet League (NBL) in jumps and spins? You got it - the Wayner. So anyway, to make a short story shorter, Wayne didn't take the ballet lessons but he did take his Aunt's nickname. That's why to this day Wayne is known as the Greta One.





"B.S." The Day Away

By Celina "Slimy" Connolly Ever wonder what it was like to take part in the Soviet Uprising? Or what it's like to grow up in Sweden? Or who Canadian teens think the next Prime Minister should be? You can learn about these and other topics by exchanging messages with teens around the world through your home or school computer. Simply hook up to an electronic bulletin board system (BBS). All it takes is a modem, a communication program, the all-important computer, and a listing of BBS phone numbers... and the world is at your fingertips.

There are BBSs to suit every interest; from message areas where you can have chats about the world or swap information about

your hardest school subject to participating in role playing games. There's something for everybody. To find out more about making the connection with BBSs in your area, talk to your computer teacher... your school might already be running a BBS. Once you're set up, you'll need to find a current listing of BBSs. One of my favourites is AADAC'S E-ZOOT (phone: 1-403-428-9694). E-ZOOT offers 27 message areas, 13 file areas and is a member of four computer networks. E-**ZOOT** also offers a complete listing of BBSs. There are hundreds all over Alberta! Here are some tips and lingo that may come in handy when you hook up.

- Never "talk" in CAPITAL LETTERS! You will get messages back asking why you are yelling.
- Watch your language. You can and will be kicked off for swearing or leaving vulgar messages.
- 3. Don't be afraid to jump into a conversation. Bulletin Board users love to meet new people.
- 4. The cost is the same as that of a normal phone call, so if you plan to download files, make sure it's a local call unless you're prepared to pay the phone bill.
- 5. If you don't want to use your real name, use an alias.
- 6. New words:

SysOp - System Operator: the boss.

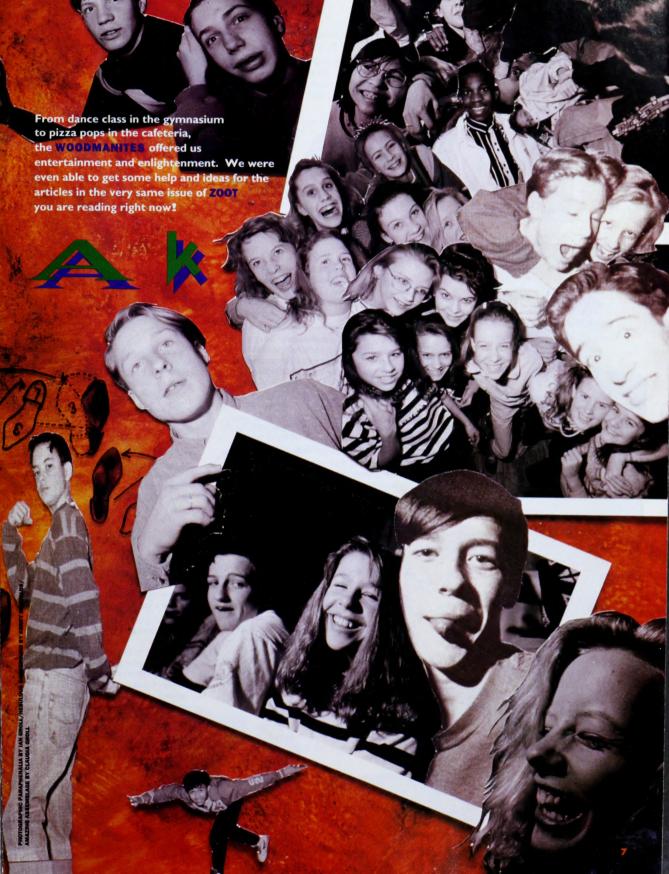
Computer Network - As a member of a network, a BBS can exchange messages and files with other systems. This allows the linking of remote and diverse BBS systems from all over the world.

Download - A file received from a BBS.

Upload - A file sent to a BBS.

Alias - The name you sign on to a BBS with (e.g., Slimy, Honko the Fish, Imagineer).

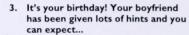




by Warren Fick

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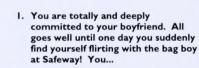
HOW TO TEL



- a) a phone call within the next week or so.
- b) to be worshipped like a goddess and littered with presents. (If he knows what's good for him.)
- him to remember and probably show up with tickets to the Schwarzenegger movie he's been dying to see.
- d) to feel like you're someone special. In the end it's the feeling more than the gift that really makes a difference.

You're going to meet your beloved at the mall. When you get there, she is standing with people you don't know and talking to a guy you've never met! You...

- a) walk up, slip your arm around her and calmly introduce yourself to the guy.
- spend every cent in your pocket on a cream pie and let the two-timing creep have it in the head.
 - c) hang back, worrying that you're being wronged and wait to see what she'll tell you.
 - d) walk up but not say anything more than "Hi" to her. Try to put the whole thing out of your mind.
- 5. She said she'd meet you at the library at noon. She finally showed up at 3:15. As far as you're concerned, the day is ruined. As far as she's concerned it's no big deal. You...
- a) scream, jump on the table and get yourself kicked out.
- b) find a place to talk about it and as calmly as possible lay your feelings on the line.
- smile and pretend you're very cool about it but feel sick and cheated.
- d) sign out a copy of "Miss Manners," slip it into her book bag and hope for the best.
- You love him. He's perfect. If only his chewing didn't sound like it was projected through Van Halen's sound system. You decide to...
- a) grin and bear it. After all, what's a little noise?
- shrug it off, making it one of the funny little things you say you love but really make you cringe inside.



- a) take your Hamburger Helper, walk out the door and never look back.
- rip the top off the Hamburger Helper, write down your phone number and put it in his pocket.
- c) take your Hamburger Helper, walk out the door and immediately call your boyfriend to remind yourself how wonderful he is.
- wonderful he is.

 d) take your Hamburger Helper, walk out the door, yell "Wow!" and resume normal programming.
- Things are going incredibly well between the two of you. Out of the blue, she decides to be an exchange student in France for a year. Sacre bleu! You...
- rent a beret, take her for some French fries and promise you'll make every day like springtime in Paris. (If she'll stay.)
- curse the moment you ever laid eyes on her and refuse to ever mention her name again.
- are hurt. But after talking to her you decide it's what she really wants. Your bond is strong and she's worth waiting for.
- become horribly mopey and grumpy. Friends call but you won't go out. You're too sad to return her letters. The world is unfair.

Actually some pretty basic laws of attraction leading to love exist. Think of this quiz as a test of what you understand about those laws; a kind of midterm in Love 101.

TOURE REALLY MAINTENANCE OF THE POLICY OF TH

- important issue, bring up the chewing in a non-threatening way that's open to discussion.
- d) Make a recording of his mouth noise and have the school radio DIs play it over the school radio, just so he gets the hint.



- 7. She borrowed your autographed Crash Test Dummies T-shirt and brought it back spattered with spaghetti sauce and no word of explanation. You...
- a) smile and ask to borrow her limited edition Axl Rose sweatshirt for good luck - to wear under your goalie pads during the playoff series.
- b) know that she's not inconsiderate and there must be a good reason. So you ask her
- c) turn it inside out and use it for a dust rag; whatever she does is okay by you.
- confront her with screaming accusations of thoughtlessness. She ends up crying and you feel like a weasel.
- 8. Easter break is coming. He's going with his parents to visit relatives in Saskatoon. You had the chance to go skiing but passed it up in hopes he'd stay home and you could hang out together. You feel...
- a) totally wronged. What a thoughtless creep to not have read your mind.
- like a fool. If you wanted to see him, why hadn't you made it clear?

- all the tires on the family car and ordering a blizzard to bury Saskatoon.
- hurt and confused. Why does this always happen to you?
- 9. Things are a little rocky between the two of you. You try to talk it out but she just shrugs and sticks her nose into a "People" magazine. You...
- flip out, tearing the pages from the magazine and eating them one by one.
- accept that she's the quiet type and trust in her love.
- make yourself sick with worry but don't press the point any further
- wait until there are no distractions and spell out simply and calmly your concerns.
- There is a Very Big Party coming up. Your boyfriend decides not to go because he doesn't like some of the crowd. You...
- a) think about it and come to the conclusion you want to see other people you know and go anyway.
- don't go, because he's not going.
- talk with your boyfriend and decide to go as long as he doesn't mind.
- phone from the height of the bash, laughing and telling him he's missed a good time. Nyah, nyah, nyah, nyah, nyah.

Answer True or False:

- A. You find yourself humming the theme to "Romeo and Juliet" as you dial her phone number.
- You can hardly wait for Valentine's Day.
- C. You find yourself writing a lot of very emotional letters - that never get mailed.
- Going to the library is fun. As long as he will be there.
 - E. When he gives the answer to a question in Math your heart leaps to hear him say, "Isosceles."
 - F. You'll sell your little brother just to get in her group in Biology lab.

- G. When she isn't right in front of you, you can't remember what she looks like.
- H. You fly into a rage when the last petal to be pulled off the flower is, "She loves me not."
- I. You discover a way to work his name into every sentence. But hey, it sounds natural.
- You use Guns n' Roses songs to mark the really important points in your relationship.



Evaluation on page 38



TRATIONS BY STEVE ATTO



PHOTO BY TERRY ELLIS / WRITTEN BY LISA AUSTIN



O COURTESY OF ANDREW MACLE TEN BY LAURIE STOCKBURGER



Jason Unsworth

At 13, Jason Unsworth is one of the youngest published cartoonists in Alberta. When he was only nine, he bought a how-to book on drawing cartoons, and then began to learn the basics. With his cousin's encouragement, Jason submitted them to the local paper in his hometown of Hanna. He asked the local gallery if they would display his work. Both decided to use them. Looking into the future, Jason says that he would like to become a full-time comic artist like his favourites: Bill Waterson's Calvin and Lynn Johnson's For Better or Worse. When asked where he gets the ideas for his cartoons he replied, "Some of them are real things that have happened to me. Guess what Jason likes to collect? Right! Comic books, especially Marvel's Spiderman.

Danyon Reeves

Danyon Reeves is a 17 year old artist who attends Paul Kane High School in St. Albert. This talented teen recently won (out of literally COUNTLESS entrants) the poster contest for the Teen Festival of the Arts. The Teen Festival is an opportunity for teens around the province to strut their stuff in visual arts, performing arts, literary arts and music. Danyon says that his main interest as an artist has always been graphic design and poster work, so this contest was right up his alley. Danyon found out about the contest through a friend of his sister's (see...siblings are good for something!) and gave it a shot. But Danyon is no stranger to the Teen Festival of the Arts. Last year, he entered a short story which tied for first place.

Danyon's poster depicts stylized images of "teen creativity," as Danyon calls it, including writing, acting, and singing. So watch for Danyon's poster. The Festival runs from April 28 to May 2, 1992. If you want more information about the Teen Festival of the Arts, contact The Citadel Theatre in Edmonton at (403) 426-4811.

Roberta Michele Packolyk

St. Albert's Roberta Michele Packolyk. 17 has a voice that just can't lose! In 1991, she won every singing contest she entered, including Pepsi's "Search For The Singer Who's Got What It Takes" and Nintendo's "VocalMania" where she beat out 3500 ambitious entrants with her rendition of Mariah Carey's "Vision of Love." Roberta is used to being on stage in churches and at community events and rarely turns down an invitation to perform. She did 65 pop, rock, and rhythm and blues performances last year, including singing with the Edmonton Opera Guild. "When I first stepped on stage, it was the most frightening thing I'd ever done... but also the most exhilarating. It's a very warm feeling when people get into what you're doing and actually cheer for you. Though Roberta takes voice lessons to increase her range, she says stage presence is just as important in winning competitions. Roberta's goal is "to become a professional recording artist while hanging onto Christian values. I have respect for who gave me my voice, and I didn't get here on my own." Roberta adds that her parents and friends have also been a big key to her success. "My biggest fan is my best friend Holly. She's really proud. She comes to all my competitions with this huge sign that says 'Go Roberta.' "



Hot Kid, Jason...

Hot Dog, Bandit.

"Roadkill" good for lunch



We sang. We rapped. We rocked and we rhymed as we sifted through over 150 entries to our "Sing For Your Supper" Lyric Contest. The judges, Dave Jacox, David Hoole, producer of AIR ZOOT, Rick Sadler, dee-jay at AM-106 and Jungle Jay, dee-jay at 630 CHED finally chose 16-year-old Megan Dingle's entry as the grand prize winner. Megan and her friend Nina Achuthan were whisked off for lunch with Barney Bentall and Gary Fraser and a tour of the AIR ZOOT studios. Besides winning first with her first entry, Megan placed in the top 16 with a second entry!

THE WINNING ENTRY: THE MORAL by Megan Dingle, 16, Calgary

Oh, little squish on the road baby, you won't be waddlin' no more just one slip of the rules made you resemble a fool now look at you darlin'... you're just a dead duck.

The night was stormin' and brewin' like a chili pot on fire all the critters and parents went to bed to retire Oh, but you're so cool you had to defy them all.

You hopped up through the grasses like a thief in a store too bad you couldn't predict that you'd be hoppin' no more.

Hardly a stone was a stirrin' on that black length of road you put one flipper out gently then the other made you bold you were a rebel in feathers running straight from the pond to hell.

The roarin' of the motor and the headlights adrift froze you fearful, in horror just as stiff as a stick why did you run away baby you're just mem'ries for us to tell.



ILLUSTRATION BY CLARK HOGAN

On that happy note, we announce our runner-up rhyme masters:

Second Place: Lisa-Marie Johnston, Medicine Hat Joyelle Kirk, 16, Stony Plain Diana Gee, 13, Edmonton

Other finalists: Christopher Woonson Lam, 13, Edmonton; Tina Schwartzenberger, 15, Calgary; Christ Guckuk, 16, Calgary; Todd Mortenson, 16, Falher; Bee Turner, 14, Redcliff; Dale-Ann McDonald, 15, Edmonton; Mark Vogel, 13, Foremost; Michelle Penner, 16, Cochrane; Wendy Lanctot, 16, Fort Vermilion; Barbara Beres, St. Albert; Carey-Ann Guiltner, 13, Irma.



I Love You From The Bottom Of My Nose

Research has shown that it may not be wit, charm and good looks that make you fall in love with someone. It may be how they smell! Yup, how they smell. According to this research, people respond to very subtle and unique scent cues. These aren't perfumed smells ... but how you really smell. If your subconscious decides that someone's scent is yummy, it causes your brain to release endorphins. You know, endorphins, those critters that tell your brain it feels good. So once you get a whiff of those special scent cues, your endorphins jump into action and give you the sensation of being in love. Unfortunately, you eventually become immune to that particular scent cue. Then you either sit and wonder what on earth possessed you to think that nerd was cute, or you build your



Kiss Me, You Fool

Almost every culture in the world kisses, except a few, such as various African tribes whose lips are decorated or mutilated (like those people who wear disks in their bottom lips). Those old scientists who seem to know everything figure that kissing started armitive humans as sniffing the face as a form of greeting.



Tattoo You

Tattooing has been around forever, if not longer. Tattooing has been used for beauty, prestige and to identify outcasts. But tattooing can cause problems. People who have tons of tattoos tend to die sooner than blank people because their skin can't breathe properly and the inks used are often poisonous. Still, in many parts of the world tattooing is an old and respected art.

In Japan, for instance, people who have been tattooed by a grand master often donate their skins to museums after they die (no, I'm not kidding!). As a matter of fact, Tokyo University has over 300 framed skins on display. Think about that next time you fill out a donor card!

You've Got Jungle Mouth

Do you ever wonder why you've got bad breath in the morning? Well, sit down, I'm going to tell you anyway. There's these micro-organisms, that live in your mouth all the time and they feed on stuff in your mouth like that bit of popcorn you've got stuck between molars. The micro-organisms eat this stuff and change it into compounds that contain sulfur. For those who were awake in science,

you know that sulfur reeks. Usually the actions of chewing and talking make sure that your saliva gets swished around evenly and keeps these microorganisms

down to a dull roar. But over night, your mouth isn't doing anything, so those micro-organisms really go to town. By the time you wake up 8 hours later, you and your mouth are in no position to make new friends.



Stepping onto the set of a TV series is like walking into another dimension, as 16 year old Celina Connolly found when she visited the set of **NEON RIDER** to make her acting debut as an extra on the show. Celina won **ZOOT'S** "Be On Neon" contest; beating out over 2,000 **ZOOT** readers with the name "J.D." ("Juvenile Delinquent") for the show's newborn foal.

Celina's trip took her from hometown Edson to producer Danny Virtue's beautiful ranch near Vancouver, B.C. where parts of the show are filmed. In addition to working with all the regular cast members, Celina was about to make her debut on a show that included a guest appearance from runner Ben Johnson.

TITLE: Zoot Reader Shines on NEON.

3Y: Laurie Stockburger

ON WITH THE SHOW

At the make-up trailer we meet a few other extras, ranging in age from 17 to 26 and acting as ranch kids for a week, the length of time it takes to shoot an episode. They tell us about Ben Johnson's experience with the make-up artist... she didn't recognize him, and asked for his name. He jokingly said, "Michael". She said "I don't see that name on my list". We didn't recognize him either, at first. He looks much bigger on TV.

Ben Johnson is playing himself, and is supposed to be a friend visiting Pin (Peter Williams). His scene today involves foot racing a thundering herd of horses. Celina's role calls for cheering him on.

SO THAT'S HOW THEY DO IT!

The way you see things on TV is nothing like the way it happens in reality! When Celina's part comes up, it has to look like she's cheering Ben on as he races the horses. In reality, it's someone else running so that the kids' eyes have something to follow. Ben's run was filmed separately. And, though he is faster than most humans in the world, the horses are even faster.

Each scene is filmed a number of times, to get it absolutely perfect. There's one scene where Michael (Winston Rekert) gets out of the jeep and starts talking to the ranch's accountant. He forgets to put on the brake and the jeep rolls away. Pin (Peter Williams) runs to grab it and pulls it to a stop. This scene is filmed three times before someone notices that the brake lights come on! The stuntman, who is hidden inside, forgot to disconnect the lights. Everyone laughs, break lights are disconnected, and they try the scene again.

CUT! IT'S A WRAP

Shooting is over at 6 p.m. and we're told that this is an "early" day. The fun isn't over ... Victor (Sam Sarcar) and Pin (Peter Williams) take us out for dinner. Over chow mein and spicy beef we learn that Sam used to be Jason Priestly's roommate. He also reveals that he was stabbed in the back on Friday the 13th, Part 8. He got his start on 21 Jump Street as a stand-in, but wouldn't cut his hair, so they fired him. Peter came from Jamaica when he was 24. He got a degree in Geography, wrote for a magazine, then acted in a play and found he really liked it. He's had small parts in Run, Mystery and MacGyver.

Meeting the stars of the show, talking with Ben Johnson, and learning what it's like to be in a major TV production is an experience Celina swears she will never forget. Anyway, she won't be able to. Celina's episode first aired in January, but the reruns will live forever!









"IF I autoprite WERE U ..." issue 1



body image series

by Mary Walters Riskin

Imagine having half a pickle to third of our four-part series on but two eating disorders that develop ar then forcing yourself to throw it up. In the we book at anorexia nervosa and bulimia, montession with being thin.

"I want to be beautiful so bad, it makes me sick."

Everywhere you look, 'thin is in'.

Television and magazine ads
feature beautiful, thin models.

With a few exceptions like
Rosesson Borrad William
Conrad, only the people Soum to

appear in the succession of th

seale in the world are thin.

Magazines offer a new diet every monteveryone's got a new weight-loss program. The weight-loss industry is booming: nearly 80% of the les have been on a diet by the time they turn 18. Tost people go on a diet, lose a few pounds, of the diet and gain the pounds back. Then they repeat the cycle, in a strange and frustrating concession to 'body image'. But for some, the desire to be thin can turn into a real obsession one that can rob them of their friends, their health and even their lives.

When Alison was 13, she hated the way she looked. She thought she was fat and ugly, so she quit eating. Not for a day or a week, but for three months. "I didn't really care if I had a heart attack or died. I just wanted to be skinny," she says. She was hungry all the time, but she ate as little as possible. She'd eat half an egg or half a piece of toast. Some days, all she had was an apple. She began to jog, even though she felt tired and weak all the time. Her weight dropped from 130 to 86 pounds and she looked terrible - like one of those starving kids in Africa. But she didn't see how thin she was. She thought she was still fat. She felt proud of the way she could stop herself from eating. Jody, 18, was five-foot-six and "stodgy" at 150 pounds. She didn't like her body either. Kids teased her a bit about her size, but she couldn't stick to a diet and she couldn't stop thinking about food. At her boarding school, there was lots of food available at every meal, and there was always something around if she were hungry for a snack. "When I got depressed over something like an argument or a bad mark on a test, the only way to console myself was with food. I'd turn into a zombie at times. I'd inhale food. Then I'd make myself vomit."

This cycle is called "bingeing and purging," and sometimes, Jody binged and purged five or six times a day. Yes, she lost weight. Alison was anorexic, and Jody was bulimic. Both of them were so obsessed with being thin that they were prepared to put their bodies - and their lives - in danger. They're not alone. Eating disorders have become almost an epidemic in North America in the last twenty years.

"I wanted to be perfect."

Monika Schnarre, one of Canada's most successful models, is a recovered bulimic. Jane Fonda binged and purged in the early years of her acting career. Karen Carpenter, a popular singer in the 1970s, died of complications from anorexia when she was 32.

It's mostly females who become victims of these disorders, but males can develop them too. Elton John has recently revealed his years-long bout with depression and bulimia. Both anorexia and bulimia are behavioural disorders, not diseases. They are a way in which some people respond to stress and to problems in their lives. When they feel like everything else in their lives is out of control, they control their eating habits.

"I just wanted to be perfect," Alison says. "I thought life would be wonderful if I could just be thin."

Our society has to take a lot of the blame for the recent increase in eating disorders. Studies show that more than 80% of females and 20% of males in North America want to be thinner than they are right now. In societies where thinness is not seen as such a big part of being attractive, eating disorders are rare. The problems often start with sensible diets which become obsessions. Anorexics and bulimics are usually perfectionists. They're usually intelligent, and they always lack self-esteem. Jody says, "I always compared myself to others and I was never good enough."

"I began to gain weight like any normal girl going through puberty, but I didn't look at it as normal," Alison says. "I didn't like my body. I wanted everyone, mostly guys, to appreciate me. I thought, I'll just quit eating for two weeks. But then I was so scared of getting fat again, I'd just keep on not eating. My normal weight is about 115, but I went down to 86 pounds and I couldn't see any difference in the way I looked."

In addition to being so thin her bones showed, Alison's skin looked yellow and her hair got dry and began to fall out. Her periods stopped and she couldn't sleep more than four or five hours a night. When her friends told her she looked sick, she wouldn't admit she had a problem. Anorexics and bulimics become sneaky: they don't want anyone to know what they're doing to themselves. They are

YOU LOSE MORE THAN WEIGHT WHEN YOU HAVE AN EATING DISORDER.

You can also lose: your memory your appearance your friends your life



THESE ARE A FEW
OF THE SYMPTOMS
OF EATING
DISORDERS:

obsession with weight
obsession with
calories and food
depression
rapid weight loss
frequent weight
fluctuations (bulimia)
sleep disturbances
secret binges and purges
(bulimia)

Jody's skin got dry, and her throat and stomach were damaged by constant vomiting. She had dark circles under her eyes, and she developed rough patches on her fingers and the back of her hand where they were rubbed against her teeth. The acid from her stomach had begun to damage her tooth enamel.

obsessed with food. Yet all they care about is being thin. No matter how much weight they lose, they don't see how awful they look. Whenever they eat anything, they feel guilty and they get more and more depressed.

"When I went home at Christmas," Jody says, "my mother noticed my eating habits were strange. My sister and my dad both commented. But it wasn't until a month after, when I binged and purged nine times in one day, that I saw what I was doing to myself."

Both anorexia and bulimia can be fatal. Malnutrition can cause irregular heartbeats and cardiac arrest. As many as 10% of anorexics die. Half literally starve themselves to death; the others become so depressed that they commit suicide.

"I remember falling on the floor and crying."

"My friends said I turned into a completely different person," Jody says. "I realized I was getting more and more unhappy. Now I know it's one of the side effects of bulimia when it gets this severe. I just kept on hinking if I can lose a few more pour ds. I'll be happy.

again. But it never happened."

Before teens with eating disorders can get help, it's best if they recognize that they have a problem, and admit it to someone. That can be really hard to do.

"I didn't want to get help because then I'd be forced to gain weight. I'd lose control," Alison says. Many anorexics and bulimics refuse to believe they have a problem until something really serious happens to their bodies. "I remember falling onto the floor and crying," Alison says. "Blood was coming from my throat. I never realized what I was doing to myself until that moment. I went and told my brother."

"Another time I was taking an exam," Alison says. "I studied a lot, no matter how lousy I felt. It was hot in the classroom, and I got dizzy and felt really sick, and I passed out." When her teacher couldn't revive her, Alison was rushed to the hospital. She was there for over a month, recovering from malnutrition and a stomach ulcer, and starting therapy. Other people don't need to hit bottom before they look for help. "I just got tired of being obsessed with my body like all women in my family." Cathy, 17, says, "I wanted to change that." Kids with anorexia and bulimia need to get help from therapists who specialize in eating disorders.

School counsellors and other people can point them in the right direction, but they need to work with someone who really understands the problem before they can get better.

"There's no magic wand."

The good news is that both anorexia nervosa and bulimia can be overcome and the earlier a person gets help, the speedier the recovery.

Alison's weight is now stabilized at 113 pounds. "Therapy is helping a lot," she says. "I always knew there were other girls out there, I guess. But the girls and guys in the group are so incredibly normal." Her advice for other kids who are suffering from eating disorders? "Don't be ashamed. It's a problem that a lot of people have." Jody adds, "It's hard to believe, and everyone tells you this what's on the inside is a lot more important than what's on the outside. Once you're happy with who you are inside, the outside just comes automatically. And one day you realize that you do like your body and there's not much you can or want to do to change it."

"ond"

If you, or someone you know, shows signs of an eating disorder, get help, either from your family doctor or your local mental health clinic.

Talk to your school counsellor and start an awareness group on eating disorders. Other sources of help include:

National Eating Disorder Information Centre

200 Elizabeth Street CW 1-328 Toronto, Ontario M5G 2C4 (416) 340-4156

Women's Health Resources in Calgary Call 282-9152 for Therapist and Group Therapy referrals.

BOOKS

The Best Little Girl in The World, Warner Books, New York, 1978.

The Beauty Myth by Naomi Wolf.

MOVIES

The Famine Within, a documentary given four stars by Sassy magazine, can be ordered through the National Film Board of Canada by calling toll-free I-800-661-9867, or through the National Eating Disorder Information Centre; or you can rent through Calgary or Edmonton's Public Library, Main Branch.

Thin Dreams, a look at how the media influences high school females' opinions of their bodies. "Things are very bad when kids have to write to an actor for advice. I can't tell anybody what to do. I'm just as screwed up as the next guy."

- Johnny Depp

"My parents always told me to believe in myself... it sounds really comy... but lots of people tend to underestimate themselves. Never underestimate the power you have."

- Silvana Petrovia, West End Girls

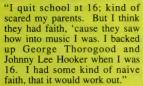




small talk

"Why Ask Me? How can you take a guy with pieces of carpet glued to his face, seriously?"

- Dread Zeppelin's Tortelvis



- Colin James

At Least His Shoes Are On The Right Foot

ZOOT recently ran into a guy who once wore his all-white wardrobe inside out "for comfort" and who is probably most famous for the sleek, futuristic cars he creates. Though the North American car industry has chosen to largely ignore Luigi Colani's fuel-saving, environment-friendly automobiles, the time may be coming when they'll have to listen to his ideas. Until then Luigi will continue to advise European governments on plans for improved transportation systems and buildings.

Zoot asked Luigi his comments on...

You designed the Canon T90, a revolutionary, rounded camera with no rough edges.

Hands like to touch soft, organic shapes. We don't like to hold boxes in our hands.

What are you working on now?

I'm designing high-speed trains and tiny cars that will be the focus of personal transportation in five or ten years.

What was it like for you when you were growing up... and into your teens?

"Don't ever think you're too young to do something. I wrote my first song when I was nine. If you think you have a talent, go for it."

- Alanis,17-year-old Canadian singer and songwriter

I was never given a ready-made toy in my life. I got wood, plasticine and paper. My father would say, "build your toys, I'll help you." At 10 or 11 years of age, I made my own shoes. At 14, I made shoes for old ladies on my street. I was an accomplished sculptor by age 16. A lot of kids are afraid to be different.

Were you different or were you part of a group?

At first, I was totally on my own. But I was doing what I believed in and soon everybody came to me. They saw this person who created a place where things happen. Young people are eager to create, but too afraid of being outcast.

What advice would you give to a 15-year-old in Canada who wants to change the world?

They can do a lot today. There are incentives all over the world to feed the poor, to help in other countries... to go where ever they want to go. Think positive and do a little positive thing a day. It's very easy. Love others and smile.







hot news.

Every year the drug scene changes a lot. And every year, a lot doesn't change at all.

straight goods

by Dave Jacox

"Don't just tell me not to do drugs. Help me understand why anyone would want to do drugs."

Despite all the news you hear about drugs, it's actually getting harder to have an intelligent discussion about the things people take and the reasons they take them to change their perception of things. There's no shortage at all of people who are

prepared to bore you to death with stories of why they won't eat meat or will spend two hours a day on the stair machine ... but turn the conversation to drugs and you'd better be prepared for a strong silence.

Which doesn't mean that you shouldn't take the lead and try to get people talking. Not just about the factual blacks and whites of the issue ... but about the emotional "greys", where the real dangers exist.

There's also a lot of information you can access easily, including our chart. As well as many dead examples of where making the wrong decisions relative to substance use can lead.

At **ZOOT**, we think drugs are bad news. Our opinion is based on letters we get and people we've known who've been hurt in any number of ways as a result of substance abuse. The only thing that we feel is worse news is being unaware of what's happening around you, and why. If you don't have an understanding of the issue, you can be taken in by it in a way you never expected.

If you're clueless, you're also helpless when it comes to helping a friend or relative who gets into trouble with drugs or alcohol.

You don't have to be a user in order to gain an insight into the problem, though. You'll find that an open mind is far more useful than an open bottle.

And now, that chart we promised!

The names of several new drugs appear annually to show how inventive the sellers who value a fast buck over human life really are. Every previously unheard-of addition to the "user's" shopping list receives a major advertising campaign thanks to a media which is very aware that bad news is

Anyway, the impression you get is that every kid in class, with the single exception of yourself, is high on some sinister product of modern science. Which just isn't true. For the great majority of people, and certainly for most teens, the names on the list are nothing more than names on a list. What you see is not likely to be what you get. Or use.

ments of course, but someone else's robably experimented with alcohol while they were in their teens. They may have smoked tobacco, as crazy as that seems to most of us these days. And speaking of smoking, there's a better than average chance that they had some exposure (perhaps hearing out it from a friend, 'cause they'd ver touch the stuff themselves) to demon Marijuana.

But these are the nineties. Anyone eager to trash reality has so many exciting new routes to go. There's coke and crack and ice and meth ... it's all so confusing.

So what are the Drugs-of-the-Day?

In the face of the largest inventory of mind and mood-altering substances ever offered ... a lot of them perfectly legal ... what is actually finding its way into the lockers and lives of Alberta teenagers?

Are you ready?

We're about to reveal the most popular drugs in use today in your neighbourhood.

They are:

bailadadadadhalladhallad

I. Alcohol 2. Tobacco 3. Marijuana

Hey, where's the ice?

It's not just that these are the most common cop-outs for those who can't handle reality or exercise a little selfrestraint. They are light-years ahead of anything else on the top ten list.

Interesting. Even more interesting is the fact that use of most of the substances on the list will drop a solid

Are you ready?

We're about to reveal the most popular drugs in use today in your neighbourhood.

wall between the user and the rest of society. Abusing any of the items on the list is likely to have a social effect equivalent to excommunication from the church.

Which creates a problem, because, teenagers are curious. They operate very differently from younger brothers and sisters who are generally happy to simply hear what mom and dad have to say, and obey.

It's not that teens want to disobey just for the sake of it. It's just that they want to know why they're being told to do or not do a particular thing.

Most people who get this magazine mailed to their homes are capable of making really good decisions, if they're given good information to work with. Unfortunately, where drugs are concerned, that's not always the case. Parents and other older people who are afraid of their kids falling into the traps set by money-mongering merchants of meth and other potentially destructive substances want "just say no" to be enough. And it isn't.

Young people consider understanding to be an important part of knowing.

" 1 INDICATES PROPORTION OF

ALBERTA TEENS, BETWEEN THE AGES

OF 12-17 WHO HAVE USED THESE

SUBSTANCES WITHIN A SIX

MONTH PERIOD.

1989 AADAC SURVEY

TO	D	A	~	
	D	H	U	U

Cigarettes, Colts, Cigars

Ciders, Coolers, Hard Liquor

CANNABIS

Marijuana, Pot, Grass, Weed, Joint, Hash, Hash Oil

HALLUCINOGENS

LSD, Acid, Blotter, Elephant, Angel Dust, MDA, Magic Mushrooms, Mescaline

AMPHETAMINES

Speed, Uppers, Pep Pills, Bennies, Dexies

INHALANTS

Gasolines, Nail Polish Remover, Pam, Hair Spray, **Paint Thinner**

BARBITURATES

Reds, Red Birds, Red Devils, Yellow Jackets, Blue Heavens, Christmas Trees, Rainbows

COCAINE

"C", Coke, Snow, Nose Candy

CRACK

Crack

HEROIN

"H", Horse, Junk, Smack

4%

4%

2%

"IF I 20 of an & WERE U_" ISSUE



TWELVE QUESTIONS YOUR PARENTS WOULD DEFINITELY WANT TO READ YOUR ANSWERS TO:

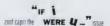
(Share if you dare!)

We had some questions.

And we had some time.

Time enough to ask 650 Alberta teenagers to answer our questions about what it's like to be between twelve-and-twenty. (We also convinced our sponsor, AADAC, to give us enough money to print your opinions and advice on this cheaper-than-dirt 4 page insert ... which has been carefully designed to be ripped from the mag and passed on to anyone who you feel needs to be brought up to speed on what you think and why.)

Let's hear what's out there...



In a word, describe the experience of being a teenager.



"Okay." This was a close one, with about as many of you finding your life "okay"

as "difficult". Like, about 31% stating okay and 30% stating difficult. Things are "great" for 24% of you, weird for 14% and just plain lousy for 6%. (C'mon... lighten up!)

"Sometimes all the problems in the world slam into you at once."

"My friends have changed. They're harder on me."

"Too much peer pressure, and too many expectations."

In another word, describe your relationship with your parents.

Again, "okay" (38%) was the big winner, with "great" (31%) in second place; 20% of you report parent-teen relationships are "difficult", "weird" for 8% and "lousy" scored 6% for the second time in two questions. (Wonder if it's the same group?)

"They're like my best friends ... I can tell them anything."

"They're divorced and my father is an alcoholic ... but they still want to pick out my clothes."



"They're always breaking promises."

What's the best advice your mom or dad ever gave you?

The big, big winner in this important category is "encouraging you to be yourself, and not worry about what others think." Those are good words of advice for 30% of you. A distant tie for second-most-important advice from your parents included "don't do drugs"; "try your best"; and "do what you feel is right".



"Stay in school."

"Try to see the good side in people."

"If you think you can do it, you can."

"Be yourself."

"Wear a helmet when you ride your bike."

What's the worst advice your mom or dad ever gave you?

Chances are that your parents really haven't given you any bad advice, according to our survey. And if they have, it probably had something to do with dating. 40% of you have had some kind of disagreement over where you should go and who you should go with kind of stuff. 20% of you feel that your parents have given you some really terrible fashion advice.

(We should be surprised?)

"To tell my teacher what I thought of her."

"Stay away from that boy ... he's bad news."

"Don't date till you're 39 years old."



If you were a parent, what advice would you give your teenager?

You'd tell your own kid to dress the way he or she wants as long as it's comfortable. You'd discourage hanging out with a "bad crowd", which includes those who smoke, drink or break the law. You'd say "don't have sex, but if you do use protection" and a huge number of you ... over 55% ... would "just say no to drugs". (Mmmm... Isn't it strange how much you sound like your own parents?)



Never be alraid to buy the best."

"Don't do drugs."

"Hang out with people who want the best for you."

"I'd tell them pretty much the same as my parents tell me."

As a teenager, what advice do you have for your own parents?

One third of you wish your folks would lighten up and "chill out". As part of the relaxing process, 15% of you would advise your parents to "trust me". (Uhuh.

Any reason why they wouldn't?)

"Think about what it's like to be a teen now and not back then."

"Bend the rules a bit now and then.

"Listen to rock, not country."



What issues would you be most likely to ask for advice about?

"Relationships".
Far and away the greatest unknown for the teens in our survey is the seemingly simple business of getting along and getting close to other people. Learning about love and relationships beat out sex, school, jobs, money and drugs ... in that order ... as topics most deserving of further attention.

"Sex."

"Drugs."

"Relationships."

"Jobs."

Do you feel that you have enough freedom? Why or why not?

Almost half (49%) of you in our survey feel that you have permission to do most things within reason. 45% of you have major complaints about curfews, privacy and over-protection, 6% didn't feel free to express an opinion.

"I can't use the bathroom after nine, 'cause the water running wakes up my Dad."

"Yes, my parents trust me."

"I live in the country and basically I have to just stay home."

"Like, Main Street Carstairs (pop. 2000) is off limits!"

Are you treated fairly when you make a bad decision?

"Yes." Well, 57% ain't bad. Most of you feel that parents want you to learn from your mistakes, not be just punished for them. 32% of Alberta teens feel that their parents over-react or dwell on past mistakes. (Hey folks, "forgive and forget!") "They keep repeating the same lecture over and over again."

"They'll talk it out and share their views.

"They don't understand mistakes 'cause they've never made any themselves."



Do your parents accept your friends?

"Yes" again! Alberta teens can count on their parents to be open-minded about their companions. (Although they look extra closely at friends of the opposite sex.)

"No. They don't even try anymore."

"They know that you don't pick your friends. They pick you."

> "My mother judges my friends by their clothes."

"Of course. They're nice, respectable, pleasant people.'

Are you encouraged to make your own choices about your life?

Another big win. A resounding "yes" to letting you study things from every angle and then make up your own mind. 73% of you have parents who think "you know best what's good for you!" (It's good news. It's also a big challenge.)

"There's pressure... I can't make decisions fast enough or good enough."

"My parents want me to have my own life. They support me."

"I've handled many situations effectively."

"They want me to think for myself because I'll be on my own in a few years.'

Would you trade places with your parents?





"No." (84%)

"Yes... for one day."

"No. I'm often a rotten kid."

'They could see that my life isn't as easy as they think.

"I wouldn't be able to handle it."

You shouldn't judge a book by its cover. But you do.

sociological image experiment

by Bryan Alberstat







YOU CAN'T WEAR THAT IN HERE!!

ZOOT decided to do a little bit of undercover research to see what evidence we could find to show the different ways in which people are treated, based on the way they look.

Acting as an undercover ZOOT agent, Bryan Alberstat went to several places wearing several "costumes." Human nature turned out to be a little discouraging as the differences in treatment based on image became more apparent.

HELP! POLICE

POLICE First stop on the ZOOT undercover sociology

experiment was the police station; home of our own keepers of the peace - the men and women we endow with special powers and whom we expect to have open minds and personal sensitivity toward the public. Dressed as my usual cool self, see photo IST I stood at the front desk of the police station as people walked back and forth on the other side. Occasionally one of the staff would make eye contact with me and then quickly glance away to carry on with office chit-chat and the occasional answering of a phone call. Ordinarily I would speak up at this point so as to draw more

attention to myself, undercover, I held how long it would be but as I was out a bit longer to see just humanly possible for everyone

in the police station to ignore me. My attire had seemingly turned me completely invisible. At the 25-minute mark I left to go home and change into my suit.

I'm not quite sure what was in the minds of the police staff as I came back wearing a suit and new pair of glasses. It may have been a thought such as "I wonder what this handsome young gentleman wants?" In any case, someone quickly asked me: "Excuse me, may I help you?" Reaction time, two minutes. Maybe there is something to this clothing business after all. After such astonishing results at the police station, I thought a stereo store would be a nice place to try. In the commissioned-retail-sales world, you are guaranteed a salesman will approach you regardless of what you are wearing. As I soon learned, clothes do have a very serious effect.

A friend joined me on this adventure. One who actually wanted to buy a car stereo for his new Jeep Cherokee.

So what you have here are two youthful mall rats dressed in their usual cool clothes, walking into the stereo store armed with pocketfuls of cash and every intention to frivolously spend it on over-amplified subwoofers for the AWD. We were approached right away by a salesman who seemed to anticipate a just lookin" brush off. Instead, we pulled him into a detailed the second car stereo equipment and prices.



at the CoPshop.



The salesman had apparently already "sized us up" according to our attire and mentally set our shopping limit at \$47.25 because after about 30 seconds of



bTarlik...

questions, this poor judge of character very interpreted our questions and asked, "Look, is there something I can get for you guys, I have customers."

If we weren't undercover we'd probably have been quite annoyed by

this incredibly rude comment, but instead we said "no thanks." He had very effectively killed a potentially large sale and permanently alienated two new customers. No doubt, if we had shown him either a huge pile of bucks or flashed the inside Armani label of an overpriced blazer, this salesperson would have been more willing to suspend his pride and grovel at our feet.

Later, alone and clad in my oversized olive-drab velour blazer and psychedelic omnired 1950's hyper-tie, I marched back into the nearest car audio dealership. The salesperson who rushed toward me must have felt some sort of kinship with someone who shared his clothing sense. Images of Herb Tarlik from television's WKRP kept flashing into my

head as this salesperson and I gabbed endlessly about the convenient bells, doohickies, whistles and what-cha-ma-callits that could be in my possession for as low as I could imagine on installment plans that would assign my total earnings well into the next century. It's amazing how far you can go on a bit of bad taste and a tiny suggestion that you may purchase something.

I was getting a little cocky. little farther and hit up a bank or could take me.



I thought I'd push this test a two to see how far bad tailoring

YOU CAN BANK ON IT

In the bank... the place where you would least expect it... I was actually treated the same regardless of the appearance I

chose to present. I had to take a number and wait in turn no matter whether I wore a suit or a tank top and cut-offs. Once it was my turn, I was treated with courtesy and respect. The loan officer wasn't afraid to engage openly in conversation, which was neat because usually (especially when I had my sunglasses on) people were rather cold, if not downright afraid to talk to me or even acknowledge my existence. At the bank I had a pleasant conversation and received what I had come in for - money - quickly and efficiently. I left with a feeling of hope and optimism. Feeling a little confused about this image business and no longer sure of what to expect, I decided it was time for some place a little off the common path. Of course! A lumber store.

I'M A LUMBER JACK AND THAT'S OKAY!

for someone to offer help, but no one did.

This final resting place for trees was quite a different story. If I had greater patience I would probably still be there, and still not have received service.

I was wearing reasonable clothing, hip but not overly

But... in home hardware world, my Doc Martins and goatee are akin to a suit of invisibility. I walked up and down the aisles, looking around, waiting

I strolled aimlessly at first, before I began to actually look at different products. Sales clerks walked by, continuing on their paths uninterrupted, or stopping to ask anyone near me, anyone else but me, if they

needed help. My waiting soon turned into daring anyone to

help me. I laid a small trail of objects in the aisle as I made my way towards the lumber area, but still the thought of

LA-DEE-DA

offering me help had not registered in anyone's mind. Once I was in the lumber area the scene remained pretty much the same, with nobody offering any help. There was one guy who looked like he could help me but he quickly turned and left, never to be seen again.

By this point I was feeling quite convinced of my invisibility and actually yelled "hello, does anyone work here?" I waited, no one answered and I left. I could have walked out with my head on fire, but instead I burned only with rage. I couldn't wait

to see what happened when I came back in there a few days later with a pair of coveralls.

It's funny what sort of powers become available to someone with the correct costume on. After all, Superman wouldn't think of helping anyone until after he'd slipped into his appropriate red and blue underwear. It's strange, but the more times I dressed like the people I wanted something from, the more they treated me the way in which they would hope to be treated themselves.

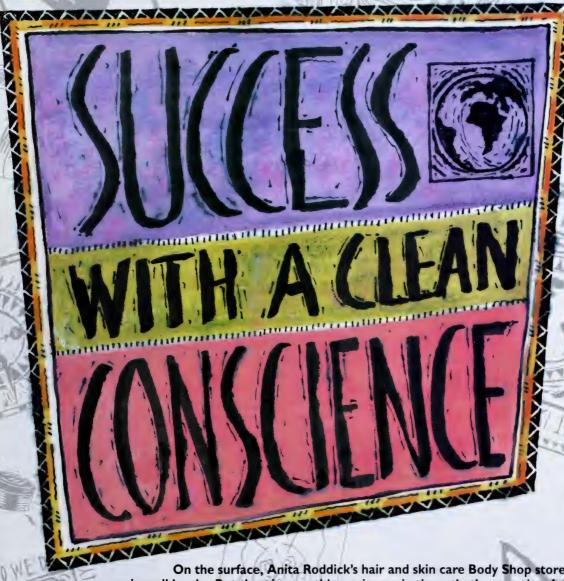
Anyway, I walked back into the hardware store while wearing my coveralls and within minutes of beginning to browse in the toilet fixtures department, someone in an equally white smock approached me and asked if I needed any help finding what I was looking for. I told tax "no thanks, I've already found it." "end"





The Body Shop's Anita Roddick is making the world... and her company's bank account... a greener place.

interview



On the surface, Anita Roddick's hair and skin care Body Shop stores look and smell lovely. But there's something going on in them that's more than just skin deep. You probably already know that none of The Body Shop's products are tested on animals, but might be surprised to learn they're formulated from the tribal recipes of third world countries regularly visited by Anita. She then gives the locals the patent rights and shares the profits with them.



Anita Roddick's employees are not your average beauty counter clerks. Each store sponsors a charity group and every employee spends half a day per week helping people less fortunate than themselves, whether it's working with homeless kids or serving in a soup kitchen. Is this any way to run a profitable company? Anita doesn't care. She wants to help clean things up in this world and she's using her company and the young people who share her commitment to do it. Anita's new book Body and Soul (published by Little Brown Co.), tells how and why The Body Shop

came into being, but AIR ZOOT producer David Hoole had to hear it first hand. So he called her and gathered these comments from the head body shopper.

BAD ATTITUDES

The cosmetic industry ... absolutely no matter what name you say, Helena Rubenstein, Elizabeth Arden ... is run by men who create needs that don't exist. This image of beauty I find appalling. I also think it's fairly racist. When was the last time, if ever, that you saw a large cosmetic company have a Black or an Indian or a Japanese or a Chinese woman promote their products? So unless you're White, incredibly young and have perfect proportions, you'll never, ever attain that. It's lies. It's immoral. We don't want to be a part of that.

ANITA ON GOOD ATTITUDES

We're incredibly passionate. We have a lot of young people working for us who don't just want to sell a product; they want to be involved in environmental and human rights issues. We're fighting the cosmetic industry to stop test-

ing on animals altogether. We use our shops as areas of education on human rights issues. People can come in and sign petitions or pledges. It's a balance of products and principles; there's no hype, no photographs, no image saying you've got to look like this or that bimbo.

When you have twelve thousand young people, who mostly value friendships and caring more than the profit line ... it's an attitude which empowers people to create a new process of running this company. In my company it's acting honourably, dealing with things in a kinder and gentler way, putting your love where your staff are. There isn't a decision that we make in our company where the environ-



mental reaction or the social reaction isn't considered. We don't know how to do it differently. We're doing an immense amount of work with the homeless. In England our staff trains homeless people to work in the shop and they end up as wonderful, wonderful staff. It's an attitude that says we're young we're healthy and we've got some-

"The Body Shop
is an attitude
that says
we're young,
we're healthy and
we've got to
give something
back"

ANITA ON

In the sixties I trained as a teacher and absolutely loved that. Then I went to Paris to work on a newspaper and hung around with jazz musicians. I worked in the United Nations in Geneva gathering information on Third World countries and their rights. I then spent the next year travelling around to all these communities and living with these incredible tribal groups. Years later I opened up The Body Shop with all the product ideas I got from my travels with these people.





thing to give back. That's very alien in the business world where profits matter so much.



We decided to set up bath soap production in Glasgow where 70% of the people between the ages of 16 and 23 were unemployed. We hired people who had been out of work for over 3 years because they're the hardest people to find jobs for. One hundred and thirty people are now working there. We're also putting 25% of the profits back into the community. Just last week I opened up the greatest adventure playground. It's stunning for the community, for kids of all ages. In a couple of years we'll have a library there. The press is a bit confused about why we don't just keep the money ourselves. But that's what keeps our soul alive.

We're the only company trading with the Indian groups who are a million miles into the heart of the Amazonian rainforest. If some of them have found an ingredient that we can use, we give them patent rights. Most companies would take patent rights and control. We've got other projects in Nepal, Rumania, India, Africa.

ANITA ON FINDING SUCCESS

I think the greatest thing you can do is start up your own business. It sounds difficult when you're 17 or 20 years old. Here's how you do it right. Number One - look for something you're good at or just love or are interested in.

"There isn't a
decision that we
make in our
company where the
environmental
reaction or the
social reaction isn't
considered."

Number Two - you cast an eye around for whoever is doing something similar ... just sort of check in and see. You find out what makes you different and you sing it from the rooftops. You've got to love what you do. I don't think you have to have financial expertise so much as energy. It's the passion to do something, to be in control of your life. Get new experiences, make the world a university without walls. It can be done. I know it works.

When you're young, you're in such pain about so many things and that pain is

magnified because so many things are happening in your body anyway ... you have to love yourself. You have to be able to look in the mirror and say, "I love myself, spots and all, and I can do things myself." Find a way of giving your energy. Look where you

can do vol-

unteer work,

where you can look after something that's frail, or organize your friends as a group and say, "Look, I'm pissed off with the rubbish in the bloody park ... I'm going to do something about that." The minute you do things as a group, your life changes. Suddenly you find people aren't dropping litter any more, so it's things like that. Sometimes it's quietly walking in a park and just lying on the grass and looking at the leaves in the trees and just thinking, "I've only got one life. It's not a dress rehearsal. I don't have any other chance."



I just hope that The Body Shop continues to be challenging and changing and keeps re-examining everything we've been told. I know it's not sexy to be considered to be good in our society, but by god we're making it sexy at the moment. That's what I'm proud of in my company.





So, you think you've got what it takes to become a successful member of the pout 'n pucker brigade. Are you tall?

Arrestingly photogenic? Do you want to travel to exotic locations and make an astounding amount of money? Of course you do.

And so would 78 million others. Each and every one of them hoping for the chance to become another Christie Brinkley.

Recently we interviewed Evelina Mugshotz, head of Mega-Pose International, one of the most successful model agencies in the solar system.

This is what she had to say.

ZOOT: What exactly does it take to become a successful model?

EVELINA: Long, long legs, wide-set eyes, a slender, graceful body and full sensuous lips. Women, on the other hand need, to be ...

ZOOT: Eh, yes, what would you say to young people about to embark on a career in modelling? **EVELINA:** I'd say they're embarking up the wrong tree. It's easier to become an Astronaut.

ZOOT: So you're saying it takes a lot more than a pretty face.

EVELINA: Absolutely darling. It's a total concept. Your whole mind, your complete commitment and total body involvement are

essential. I can't stress enough the importance of total body involvement. We need your whole body, it's no good showing up

at a shoot without your wrists say, or your pancreas.

ZOOT: What about the importance of the camera?

EVELINA: Are you from space?! Without a camera there'd be no pictures! No pictures, no magazines, no models, no Mugshotz. That's

how important the camera is. Sheesh!

Z00T: What do you say to people who suggest that the modelling industry exploits women and contributes nothing to society?

EVELINA: Something very rude. No seriously. Think of mascara, think of the years of painstaking research to find an eye makeup that

was washable. Think of the lives that were saved. Now think about modelling, and how in page after glossy page, the models of

the world brought the salvation of long curling lashes to an awaiting humanity.

Z007: Lives saved? Painstaking research? I'm story I don't see the connection.

EVELINA: I'm not surprised. You're the guy who had trouble figuring out why we needed cameras.

BY TONY PHILPOTT



"I like my way of life ... I think yours is fine too."

- Esther Hofer, 15 year old girl from Plain Lake Hutterite Colony

Hi There.

I am home sick today and was overjoyed at = receiving 200T on such a fine day. I find receiving 200T capic really very interesting and also very exciting to read different people's ideas.

Since I'm home today, I think I'll just sit here and write a few lines about myself. Sit here and write a few lines about myself. I'm a Hutterite girl in my 15th year. I enjoy I'm a Hutterite girl in my 15th year. I enjoy being on my own and also with people or being on my own and also with people or briends. I'm actually a rather shy person though. When I come face to face with a person though. I have three brothers. I also have five penpals I have three brothers. I also have five penpals I have three world. I babyoit three children, around the world. I babyoit three children, and they come over just about everyday. I won't and they come a boring life here on the colony. Say we have a boring life here on the colony. Should come and visit, and see for yourself! Should come and visit, and see for yourself!

ay of Life

Researched by Laurie Stockburger

Well, we just couldn't resist the offer. So, we packed up some equipment and some baloney sandwiches and headed off for Two Hills to find out what it's like to be a teen on a Hutterite Colony.

Esther, and her brother, Martin were our tour guides for the day. Their "way of life" may be very different than most Albertan families, but it's just as interesting.

Thanks, Esther, for the invite!

Hutterites were established nearly 400 years ago when they banded together to escape religious persecution. They passionately believe in peace, and will not take up arms for any reason. When the United States went to war in the 1800's, the Hutterites fled to Canada; mostly to Alberta where they've lived and farmed on self-sufficient colonies for the last 200 years.





Hutterite women wear kerchiefs, dark shirts and long skirts. The men always wear black jackets and black pants. Esther says she doesn't really know the purpose of this style, "but we have never had any reason to change. It's in our culture and religion and part of a belief that we should dress simply."

Men and women on the Colony have traditional roles. Women on the Colony do the housework, cooking and sewing. Esther feels that "women have a right to do the work men do, but farming and machine repair are still seen as men's jobs." A teacher comes to the Colony and students go to school until they reach 15 years of age. Esther can get married when she's 20-the same age she will get her first sewing machine. She will get another sewing machine when she is 40.



Esther reads everything she can get her mitts on and loves the Oilers. Martin, on the other hand, is curious about life outside the Colony. Martin and Esther's Colony is made up of 118 people. Each family has its own "apartment". These apartments don't have kitchens because all the meals are shared in a main hall.

All Hutterite boys are given an education until they are 15. Then they learn farming, machine repair, and other skills they'll need to know. Martin has learned electrical wiring and has nearly mastered electric motor repairs - that will be his job on the Colony.





Martin says that their Colony views the rest of the world with interest. Esther "wouldn't like to leave the Colony because it would mean living on my own, which we don't have the education for, and it would mean leaving the family". She says, "I like my way of life. I think yours is fine too."

"end"

"It's a dirty job, and you don't have to do it."

by Dave Jacox

What kind of job will you have after school? One you need? Or one you want?

Even though you're still in school, and someone else is paying the bills, you've probably noticed that the economy isn't all that hot. Perhaps one of your parents is laid off. Or maybe it's a friend's parent who is finding lots of time to watch "The Young and the Restless".

Also, you may have heard the prediction that you're a member of the first generation in history that can't count on doing better, financially, than your parents.

Well, if you can't be richer, maybe you can be happier. Possibly, just possibly, you'll be able to derive more personal satisfaction from what you do for a living ... and measure your success more by a sense of personal worth, than a sense of personal wealth.

What'll you be? We don't like what we see.

At ZOOT, we come into contact with a lot of Alberta teenagers. Up to 2,000 of you write to us each issue with some kind of comment. We have a Teen Advisory Board that we meet with regularly. We travel: hitting the road several times a year to see what .. and who's ... out there. We interview scores of teenage celebrities and listen to, read and watch the stuff you listen to, read and watch.

You make our day ... with a mostly "up" attitude towards your problems and hopes for your future. If you have your way, the world will become a gentler, kinder and greener place.

But one thing keeps coming along to make us feel a little uneasy, and that is the way you look at the need to make a living.

Too many of the teens we talk to are really stressed out by the "What" II do for a living?" thing. And as far as we're concerned it's making a lot of you miss the whole point ... which is to be looking forward to your job future.

When we ask, "What are you going to do when you get out of high school?" your answer often begins with "I guess I'll have to ...". What is this "I have to" bit? What happened to "I want to"?

Who's the boss?

An awful lot of young people seem to have given up before they give it a try when it comes to considering an occupation that will give them a lot of satisfaction, and be interesting and fun. You're so afraid that you won't be able to earn enough money, that you're putting any reasonable shot at a guaranteed income ahead of your own desires and values.



Think about the real you inside for a second.

You don't let your parents or teachers pick your friends. So don't be too willing to let other people choose your job. Besides, who actually knows what lines of work will be really hot financially as well as emotionally rewarding ten years from now ... when you are in the fast lane on Job Avenue.

This is not going to be a long article. But one of the things we want to remind you of in it is that you're going to be on the job for a long time. Like, most of your life. Do you really want to spend nearly 100,000 hours doing what you need to do to get by? Wouldn't it be better to wake up each day to something you really believe in? Such as yourself?

What a job!

Think of someone you really admire; someone whose attitude you envy and who is doing something they seem to like and doing it unusually well. If, by chance, you don't have to run through a throng of bodyguards and leap across a stage to get to that person perhaps you can actually sit them down long enough to have them tell you how they chose the work they do and why they seem to enjoy it so much. We'll bet you they'll say that they never thought

about whether they'd get paid for it. In fact, the surest guarantee of eventual financial security is doing something you really want to do ... to your own standards and not to those of people who probably aren't as motivated as you are.

Lighten up, eh?

We're not saying to slack off and ignore the urgency and concern about your future you hear in your parents' and teachers' voices. You can work hard and still not worry. You can do the things you're encouraged to do without believing you'll have to do it forever. You can take school for what it's worth without filing your real hopes and dreams under "maybe never". You can listen to the advice you receive without feeling that you have to follow it all ... or any of it, necessarily. You can lighten up a little.

FIVE FAST WAYS TO STOP WORRYING AND WORK TOWARDS THE FUTURE.

1. Take a day off. Break the routine. Hole up in your room or bike down to the park and think about nothing except things you like, experiences you've enjoyed and people you admire. Dig deep into what it is that makes these things seem so positive for you.

- 2. Plan to get your highest mark ever in the school subject you like least. Discover that you can do something you don't like and do it well without becoming trapped by it.
- 3. Hit on one of the adults who's been telling you what career course you should follow. Get them away to a coffee shop or somewhere without distractions and get them to talk about their job and how they feel about it, for better or worse ... you'll find it very revealing.
- 4. Go into a big magazine store and buy five magazines on subjects you know nothing about and care nothing about and force yourself to read them from cover to cover, with as open a mind as you can manage. Do the same thing in a record store. And a movie plaza.
- 5. Finally, write to us at ZOOT and tell us what you're going to do for a living and why. And how you're going to go about it.

Hey, it's just your whole life we're talking about here. Let's not get too serious.

You know how it is. You show up at the video store just as the last "new release" walks out the door. Quelle drag. So it's off to the dusty shelves in the back where they keep all the titles you've either seen six times or never heard of before.

Eeenie meenie minie mo... you rent five videos and with luck, one of them is barely watchable. What to do? Take our advice! Pick up any of the great tapes listed below, none of which you've ever seen before and all of which are, in some way, well worth missing America's Funniest Home Videos for. Plus... they rent

for less than the fresh-off-the-hype type tapes.



BULLIT

Along with Serpico, this has to be one of the very best cop flicks ever made. For sure it has the most thrilling car chase sequence ever put on film.

MELVIN AND HOWARD

Weird billionaire Howard Hughes left his fortune to a not-too-bright stranger he met in the desert. Gee, that would make a great movie. Guess what? It did.

NASHVILLE

© 8 → Arrica 1

THAT WAS THEN, THIS IS NOW

Emilio Estevez and Craig Sheffer star as two teen friends moving in different directions. Sound familiar?

DON'T LOOK NOW

And now for another "now." This one is a complex piece of filmmaking with all sorts of strange places, spooky images and a horrifying ending that makes Freddie's films look like Care Bear cartoons.

ON ANY SUNDAY

Sometimes someone does something so well, that other people make careers out of trying to do it better. This is the best movie about motorcycling ever made, just as Endless Summer is the best movie about surfing ever made.



THE YEAR OF LIVING DANGEROUSLY

Mel Gibson and Sigournay Weaver are the big stars in this movie about journalism and morals, but Linda Hunt earned an Academy Award nomination playing a male photographer.

THE CHINA SYNDROME

Long before the environment became the Number One Topic (Number two, since Magic) Michael Douglas and Jane Fonda got together to make this movie which predicted what happened at Chemobyl.



TOOTSIE

Now the bra's on the other chest, and Dustin Hoffman plays a guy who can't make it in show biz till he shows up in drag.



THE ELEPHANT

A true story about a hombly deformed, yet proud man who was more of an outcast than a teen without Nikes. Anthony Hopkins befriends him, which is more than he did for his victims in Silence of the Lambs.

A HARD DAY'S NIGHT

Ever hear of the Beatles? This is them in a pre-video, feel-good rock and roll movie that stands the test of time.



DELIVERANCE

Wow. Burt Reynolds can act. Or at least he did once in this terrifying story of a group of middle-class friends out for adventure and in over their heads.

GREAT MUSIC

Valuable advice on hunting up some unsung heroes.

Every record store has those bins filled with deletes and discounts. Normally the selection is horrid; bad disco from the 70's or soundtracks to movies that really stunk. But every so often you will find a rare gem, an unknown musician or an old classic for a ridiculously low price. Here are just a few that have actually been picked up or spotted (since I bought them when they were at full price - rats) in discount bins across the west. Take my advice and check them out.

WORLD PARTY

Goodbye Jumbo

A celebration of all that has been good in rock music over the past 20 years.

R.E.M.

Life's Rich Pageant

If you like "Losing My Religion" and "Shiny Happy People", back track and discover this classic. R.E.M.'s music has always had a pure, real quality. Stipe's vocals are now very clear but in the old days it took years to understand everything which makes for interesting listening.

THE WHO Quadrophenia

Simply the best thing they ever did. And the most ignored.

SYD STRAW

Surprise!

David Letterman's drummer Anton Fier had a band; the Golden Palominos. Syd was lead singer. Her album's better. Guys from Los Lobos, R.E.M. and lots of other great people help her out.

MARSHALL CRENSHAW

Marshall Crenshaw

Arguably the best unsung songwriter around. This was his first album; it's his best. Every song is an instant classic. Fifties, rockabilly influence all over the place. A true gem in a discount bin near you.

DAVID & DAVID

Welcome to the Boomtown Melodic, intelligent rock about all kinds of down and out characters. If you like the kinds of weirdos Mark Knopfler sings about in "Money for Nothing" and "Heavy Fuel" and if you "live for the lyrics", pluck this out of a discount bin.

PAUL CARRACK

One Good Reason

He once sang for Squeeze. He sings now for Mike and the Mechanics. His own albums are filled with hummable, danceable tunes. What a great voice.

MAX Q Max Q

Michael Huchence of INXS returned to his alternative music roots and teamed up with an old buddy to produce a danceable, and INXS-able album.

Reviewer: Ian Bray

This is the advice issue, right? You should know that by now, if you've read all the way to page 35.

Zoot sat down to research what "choice" pieces of advice have been given, listened to and totally ignored. Advice can be very useful if you know how to separate the good from the had.

Bo, no!

Poor Bo Jackson. He's so talented he was advised to play two professional sports. And later collected one disability



collected one disability cheque. Two bad, Bo.

Small Victory

When Mr. Disney was creating his now-famous rodent, Walt was advised not to doodle



anything involving a mouse. Especially a cartoon mouse. Happy 51st, Mickey.

A HARDWARE'S GONNA FALL

Stay in Hibbing, Minnesota. There's a good life in selling nuts and bolts. Fortunately, Bob Dylan missed that bit of fatherly advice.



TERMINATED

When the writer/ director of Arnold Schwarzenegger's first movie was out looking for money to complete the picture he was



advised "if you ever put this oaf Arnold Schwarzenegger on the screen, you and he will be laughed off Forty-second Street (in New York)." Arnie laughed all the way to the bank.

Lost: one ozone layer

As early as 1974, there were warnings about the earth's protective ozone. There's still no absolute proof, but



what does it take to take good advice?

By: Warren Fick



PAULA KIRMAN



KIRSTEN GOA



SHAWN ROBINSON



JONATHAN TUPPER



For this, the "If I Were You" issue, we put our readers' questions to a panel of teenagers. Our Teen Advisory Board came up with some sound advice, occasionally calling in an expert when they weren't sure they had the best answer.

I CAN'T TALK ABOUT...

Some things happen in our house that I can't talk about with anyone else. I know if I told the wrong people, they might take me away from my family and that's not what I want. But how can I get my dad to understand that beating us up is wrong? I love him and don't want to hurt him even though he deserves it. He gets drunk and then he gets mean and goes into these rages. No one can please him. I try to stay out of his way but it's hard. If he wants me to take out the garbage or something, if I don't do it, I'm in trouble and if I do it, I do it wrong. Why should I have to wear long sleeved shirts to school in June? - Anonymous

11 ye 0 s tweet of 1s

Alateen, which you can find in your phone book under Alcoholics Anonymous. Oh, yeah... it's very unlikely that you will be taken away from your parents.

DATE RAPE?

I just started going out with this guy. After four dates, he wanted to have sex. I didn't and I told him so. Then he got mad and forced himself on me. I struggled and screamed... he had to know I didn't want to do it. Now I feel guilty even though I know it wasn't my fault. What if I'm pregnant or if he gave me something else? I don't know where to turn. I'm afraid no one will believe me if I speak up because everyone knew I was going out with him and everyone likes him. Should I just keep my mouth shut and hope he doesn't do the same thing to his next socalled girlfriend?

- Anonymous, 15, Lethbridge

Though it's going to be a tough thing for you to do, our board thought that you should speak up and report the guy to the police. What he did was illegal, and he has to know this. If you don't say anything, he'll think that what he did was okay with you. Other young women who go through this experience should

make sure they go immediately to the sexual assault centre, to a doctor or again, to the police before taking a shower or cleaning themselves up. They will be examined for signs of a struggle and a semen sample will be taken in order to identify the guy and to increase the chances of getting the rapist convicted. As for yourself at this point, you should see a doctor to determine if you are pregnant or if he passed any diseases on to you. Also, please see a counsellor. It will help you greatly if you talk to someone who is trained in sexual assaults. You don't have to live with this by yourself. There are support groups in Lethbridge - call your sexual assault line. You need to talk with others who've been there and, unfortunately, lots of people have been.

BOYFRIENDS - HOW OLD IS TOO OLD?

At a party I met a great guy. His friends told me that he likes me and I like him. The only problem is that he is five years older than me. Do you think he is too old for me?

- J.L., 15, Red Deer

This was a tough question to answer, without knowing more

about what this guy is like. Mostly, our panel was concerned with things this older guy might be into. Katherine feels that he might try to pressure you into sex, or going to bars (you are underage). Kirsten agrees that guys in their 20's have greater expectations for their relationships. This doesn't necessarily mean that this guy does, though. Kirsten suggests that you get to know him better as a friend and in the company of other friends before you start going out with him.

BREAKING UP IS HARD TO DO

I've been going out with this guy for two years. He's older than me and we fight over everything and anything. What can I do to stop us from always yelling at each other?

- A.C., Grande Prairie

The vote was pretty unanimous on this one... prepare for a break-up. Jonathan asks "what's the point in dating this guy if he makes you unhappy and holds you back... the purpose in going out together is to grow together and have fun!" Paula wants you to reevaluate your feelings for him. She says if you are constantly

GRACEMY NGUYEN



MICHELLE MUNCHUA



KATHERINE WIGHT



If you have a problem that's too personal to ask anyone else, just ask us. Send it to us marked "Good Question Enclosed", c/o Zoot Capri, P.O. Box 18,000, Edmonton, Alberta T5J 2P2 Enclose a stamped, self-addressed envelope for a quick reply.

fighting, it may be a message that your relationship is wearing out. Shawn thinks you might simply try telling him that you don't like to fight all the time. Have a good talk with this guy and if things get worse, "hang up and try your call again". In other words, cut it off.

DAD'S SHADOW IS TOO DARK

My dad is driving me crazy. He's a "has been" whose glory days are over and he wants me to be the jock he claims he was. So, I try to please him. I tried out for the basketball team and I made it - and I hate it. But he's so bloody happy to see me going to practice and so much in heaven when we win, that I'm afraid to tell him that I'd rather be reading or writing (or just about anything else) instead of dribbling. Just because I'm tall doesn't mean I should have to play basketball. Can't I have a life of my own? - J.B., 16, Calgary

Shawn suggests you take the honest approach... "level with your dad and tell him you just don't enjoy sports the way he did." Jonathan thinks you should try to find a sport you do like, while Gracemy says stick with the team and think

as positively as possible...
think of the great legs you'll
develop! ZOOT's own
opinion? We agree with
Shawn and believe that your
dad might even respect you
more if you are honest with
him, even if he seems
disappointed. It's your life
and you have to listen to that
voice inside that tells you what
your own ambitions and
values are.

FAIRWEATHER FRIEND

My friend is a foster kid who has moved in with a family that is very rich. All of a sudden, people are hanging out with her - especially this one girl who I don't like and who doesn't like me. My friend can't grasp the concept that it's only her money that people are interested in. What can I do to get my friend back?

- C., 13, Grande Prairie

According to Jonathan, there's not a lot you can do, except wait it out and hope that she'll wake up and come back to you. Meantime, it's her life and she's allowed to make her own choices. He thinks that if you try to run her life, you'll probably lose her. Kirsten agrees but suggests that your friend may be a little insecure and is probably excited to have all these new friends. She isn't likely to

admit these new friends are using her. Kirsten adds that you should be honest with your friend and tell her how you are feeling. But first, think again about your accusations that they only like her for her money. That's not a very nice thing to say. And second, you could be wrong.

FRIENDS GONE WILD

My best friend and I are starting to come apart. He's got into a crowd that does a lot of things I don't like... smoking, drinking and doing other drugs. His school marks have fallen and I know for a fact that he's been vandalizing property. How can I help him see that his life is going downhill for all the fun he thinks he's having with this new group?

- B. S., 14, Edmonton

Everyone in the panel thinks you should have a talk with your friend. Kirsten warns you not to be judgemental, just try to understand where he is coming from and why he's in with this crowd. Also talk about your friendship and how you feel about what's happening to it. Chris says that real best friends don't break up this easily and that you should just let him know that you care about him. Katherine thinks that a school counsellor could help you

figure out what to say to him and how to help him.

LOCK IT OR LOSE IT

My brother is a snoopy little snitch. When I'm not home he sneaks into my room, goes through my things and then produces "incriminating" evidence for my parents to see. Naturally, being the oldest, I usually get in trouble, depending on what he finds. But sometimes the stuff is just personal, like letters from my girlfriend. The way I see it, he is breaking and entering, and my private property should stay private. My parents won't do anything. Can I complain to the police? - K.K., 17, Medicine Hat

Believe it or not, snooping through your room is not a criminal offence. Joel says you should put a lock on your door. Michelle says if you can't get a lock then find a safer place to put your personal stuff and get a lock for that.

Thanks to our advisory board for their "good" answers.

"end"

EVALUATION

41 - 50 points

Wow. You really are in love! Best of all, it works because you've got your own act together. You're considerate and compassionate without going overboard and becoming a slave to something you don't believe in. Because you're so wonderful, you attract the same kind of person.

33 - 40 points

 This is good - as opposed to great. For the most part you're confident and responsive to your love. But there's a part of you that lets things like jealousy take over. Worst of all, you don't explain how you feel. Open up.

24 - 32 points

 Hmm. You're not very open about your feelings and it leaves you and your partner confused, hurt and angry. Given a chance, this could get much better. To get over your problems, you've got to admit they exist. Start by admitting it to yourself.

10 - 23 points

 Whoops, Cupid missed his mark. This whole relationship needs an overhaul. Better yet, a totally fresh start. You're not getting anything out of it because you're not letting yourself feel much. You'll know when you've got the right one baby, uh-huh.

THIS MAGAZINE

TO ALL ALBERTA **TEENAGERS**

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MIF B

grabinsky by christopher heatherington



are never never eat anything bigger than your head ...



never "ISHTAR"

...and never get your hair done by anyone TEX.

Don't You Hate it When...



.... THEY SCHEDULE SCHOOL PICTURES THE DAY AFTER YOU GET YOUR BRACES?

Great Party

Thanks for the article "The Other Guy" about Randy Fowler, who caused a drinking and driving accident. I went to the PARTY (Prevent Alcohol and Risk-Related Trauma in Youth) Program and not only met Randy, but four others with injuries like his. I think what they're doing is really great. I won't let anyone drink and drive now.

- Nicole Clarke, Gleichen

Your letter arrived on the same day that one teenager was killed and four others injured in a high-speed, alcohol related accident in Calgary. Randy and the "other guys" still have a lot of work to do, but people like you give us hope.

Lacombe, Call U.S., Eh?

I used to live in Lacombe but we moved to Longview, Washington, USA. I've seen your specials on small towns in Alberta, but I've yet to see Lacombe. I had friends there that I haven't seen or talked to in a long time. I've been hoping to open ZOOT and see one of my friends. It's yet to happen. Don't get me wrong; I really like your magazine. The USA has nothing like it; ZOOT is one of a kind. If any of my old friends are wondering whatever happened to me, just write.

- Patrick Tippy (Olson) 3222 Pacific Way Longview, Washington USA 98632 If you're moving out of Province, remember that you can still receive ZOOT at the modest subscription rate of just \$9 a year. But if you leave the country, it'll cost \$15. By the way, tell your Lacombe buddies to give us an invite.

More Reba, Less Rap

I am sick of reading about sports and that so called music, "rap". I'd like to see an interview with a country star (i.e. Reba McEntire or Garth Brooks). It would also be nice to see you going to a school concert for a change instead of all these sports events.

- True Skeptic and Complainer, 15

We agree we're overdue for a country music interview ... but give us a "break" ... we do go to a lot of schools, we've just never been invited to a school concert.

Thanks for Writing

A while ago I wrote an answer for WDYTATT. It wasn't published but I really appreciate the note I was sent. I like the fact that you guys actually read what I wrote and took the time to write me back. Thanks!
- Jennifer G., 14, Edson

We don't have space to publish every letter we get, but we can and do read every word you send our way.

Back to the Basics

You have the right to a quality life, regardless of color -Fight for that right.

You have the right to dream your own dreams, despite others' dreams for you -Fight for those dreams.

You have the right to choose your beliefs though some may object -Fight for your beliefs.

You even have the right to live or die, the final choice -Fight for life.

Let's get back to the basics ..

- Monique Brownrigg, Rochester.

Perhaps you can use this poem in an upcoming issue of ZOOT. Yep, we can!

Zoot's Good

I absolutely love your magazine! I think it's very interesting and it makes teens aware of current events and subjects. Keep up the good work!

- M.C., Calgary

Okay.

Zoot's Gone

Hey! I am no longer receiving your most righteous mag! I'm only 17, I thought you could get it till you're 18. When I turn 18 next September, I will buy a paid subscription. Till then, please don't deprive me of my ZOOT.

- tj, 17, Lethbridge

A while back, we asked readers 16 and over to write if they wanted to keep receiving ZOOT, which you've finally done; you're now back on the list. You write Your
Write! Well, you
can if you want to.
Send us your
profound thoughts
and perfect poetry.
Hey, we'll even
accept your
complaints and
criticism at:

YOUR WRITE ZOOT CAPRI,

The Magazine Box 18,000 Edmonton, AB T5J 2P2

